



Anger Management: The Ultimate Guide To Take Control Of Your Anger (Happiness, Overcome Anger, Management, Depression, Anxiety)

Sarah Riedel

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Live Your Life To The Fullest, Without Letting Anger Ruin It

Do you have a daily struggle with anger?

Do you have barriers in your relationships, because anger doesn't let you, be you?

Then you need to read this book!

This ebook is a guide to help those struggling with managing their anger outbursts. It defines what anger is and what causes it, teaches valuable tools and strategies for controlling your anger, teaches you how to help a loved one who is struggling with anger, and provides some real world scenarios showing how properly managing anger improves your life. This book is the tool that will make that struggle into a triumph. Anger management is not something to be accomplished and then forgotten. It is a journey to improve that lasts your entire life. This book will help you take that first step.

The book contains information, tips and exercises to help you overcome your anger and live a better life.

Tags: Anger Management for woman, Anger Management for children, Anger Management for kids, Anger Management for men, Happiness for beginners, Happiness advantage, Happiness hypothesis, Happiness trap, Overcome fear, Overcome depression, Overcome anxiety, life, Health Fitness & Dieting, Counseling & Psychology, Mental Health, Mood Disorders, Kindle Store, Kindle eBooks, Nonfiction , Parenting & Relationships, Parenting, Emotions & Feelings

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